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# Supplemental Claims

If you have new and relevant evidence to submit or want to request a review of your claim based on a change in law, a Supplemental Claim may be an option for you. Learn when and how to file a Supplemental Claim and what to expect after you file.

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# Is a Supplemental Claim an option for me?

A Supplemental Claim may be an option for you if you meet the requirements listed here.

## You must meet both of these requirements:

- We decided your claim in the past, **and**
- Your claim isn't a contested claim  
[Learn about contested claims \(https://www.va.gov/decision-reviews/contested-claims\)](https://www.va.gov/decision-reviews/contested-claims)

## And you must meet at least one of these requirements:

- You have new and relevant evidence to submit (we can help you gather any new evidence you identify), **or**
- You're requesting a review of your claim based on a change in law (such as the PACT Act)

## Other decision review options

Be sure you're choosing the decision review option that's right for you. You may be able to request a Higher-Level Review or a Board Appeal instead.

[Learn more about other decision review options \(https://www.va.gov/resources/choosing-a-decision-review-option\)](https://www.va.gov/resources/choosing-a-decision-review-option)

# What's “new and relevant” evidence?

Here's what we mean by “new and relevant” evidence:

- **New evidence** is information we haven't considered before.
- **Relevant evidence** is information that proves or disproves something in your claim.

Unless your Supplemental Claim is based on a change in law, you'll need to submit supporting evidence that's new and relevant for your application to be complete. You can also identify evidence you'd like us to gather for you.

## Should I file a Supplemental Claim for disability compensation if my condition got worse?

No. If you have a disability rating for a condition that's gotten worse, you'll need to file a claim for increased disability compensation.

[Find out how to file a claim for disability compensation](https://www.va.gov/disability/how-to-file-claim/)  
(<https://www.va.gov/disability/how-to-file-claim/>).

## How do I prepare before I start my application?

### If you have new and relevant evidence

Gather any supporting documents that you think could change our past decision.

We can also help you gather documents from a VA medical center, other federal facility, or your private health care provider. You'll need to provide the name of the facility that treated you and the treatment dates.

**Here are 2 examples of documents that you could include when you file your claim:**

- **A new medical report:** We denied your claim for a mental health condition in the past. You now have a medical report stating that your service-connected injury led to your mental health condition. You can submit that report as new and relevant evidence.
- **A buddy statement (also called a lay or witness statement):** We denied your claim for back pain in the past. Your fellow service member witnessed the incident that caused your condition. They write a letter that describes what happened and how the condition has affected you. You can submit their statement as new and relevant evidence.

**If you have a presumptive condition now covered because of a change in law**

For disability compensation claims, you'll need to submit or identify medical evidence that documents the diagnosis and severity of your claimed condition.

If you have qualifying military service, we automatically assume (or "presume") that your service caused your condition. If you have a presumptive condition, you don't need to prove that your service caused the condition. You only need to meet the service requirements for the presumption.

**Presumptive conditions under the PACT Act**

The PACT Act law adds more than 20 presumptive conditions for burn pits, Agent Orange, and other toxic exposures. The law also adds new presumptive locations for Agent Orange and radiation exposure.

Not sure if we consider your condition presumptive?

[Find out what conditions are presumptive under the PACT Act](https://www.va.gov/resources/the-pact-act-and-your-va-benefits)  
(<https://www.va.gov/resources/the-pact-act-and-your-va-benefits>).

# How do I file a Supplemental Claim?

## File online for a disability compensation claim

At this time, a disability compensation claim is the only type of claim you can use our online Supplemental Claim form for.

**[File a Supplemental Claim online \(https://www.va.gov/decision-reviews/supplemental-claim/file-supplemental-claim-form-20-0995/\)](https://www.va.gov/decision-reviews/supplemental-claim/file-supplemental-claim-form-20-0995/)**

**Note:** For other types of claims, you'll need to file your Supplemental Claim by mail, in person, or with the help of a Veterans Service Organization (VSO).

## File by mail, in person, or with the help of a VSO for any type of benefit claim

You'll need to download and fill out a Decision Review Request: Supplemental Claim (VA Form 20-0995).

**[Get VA Form 20-0995 to download \(https://www.va.gov/find-forms/about-form-20-0995/\)](https://www.va.gov/find-forms/about-form-20-0995/)**

**If you want us to get medical records and information from your private health care provider,** you'll also need to fill out VA Form 21-4142. You can submit this form online. Or you can download it and submit by mail.

**[Submit an authorization online for us to get your medical information \(VA Form 21-4142\) \(https://www.va.gov/supporting-forms-for-claims/release-information-to-va-form-21-4142/\)](https://www.va.gov/supporting-forms-for-claims/release-information-to-va-form-21-4142/)**

**[Get VA Form 21-4142 to download \(https://www.va.gov/find-forms/about-form-21-4142/\)](https://www.va.gov/find-forms/about-form-21-4142/)**

## File by mail

Send your forms and any supporting documents to the address that matches the benefit type you're filing for:

- Disability compensation

Department of Veterans Affairs  
Claims Intake Center  
PO Box 4444  
Janesville, WI 53547-4444

- Life insurance

Department of Veterans Affairs  
Attention: Insurance Center  
PO Box 5209  
Janesville, WI 53547

- Pension and survivor benefits

Department of Veterans Affairs  
Claims Intake Center  
PO Box 5365  
Janesville, WI 53547-5365

- Program of Comprehensive Assistance for Family Caregivers (PCAFC)

Department of Veterans Affairs  
Evidence Intake Center  
PO Box 5154  
Janesville, WI 53547

- Health care benefits and all other benefit types: Check the decision letter for your initial claim or application for instructions on how to submit the form.

### **File in person (only for claims that aren't related to health care benefits)**

Bring your completed forms and any supporting documents to a VA regional office for claims that aren't related to health care benefits.

[Find a VA regional office near you \(https://www.va.gov/find-locations/\)](https://www.va.gov/find-locations/).

**Note:** You can ask a VA regional office for copies of the forms to fill out. Or call us at [800-827-1000](tel:800-827-1000) (TTY: 711) to request forms. We're here Monday

through Friday, 8:00 a.m. to 9:00 p.m. ET.

## File with the help of a trained professional

An accredited attorney, claims agent, or VSO representative can help you file a Supplemental Claim.

[Get help requesting a decision review \(https://www.va.gov/get-help-from-accredited-representative\)](https://www.va.gov/get-help-from-accredited-representative).

## What happens after I file a Supplemental Claim?

You don't need to do anything unless we send you a letter to ask for more information. If we schedule exams for you, be sure not to miss them.

[Find out what happens after you request a decision review \(https://www.va.gov/decision-reviews/after-you-request-review\)](https://www.va.gov/decision-reviews/after-you-request-review).

[Check your VA claim status for certain types of claims \(https://www.va.gov/claim-or-appeal-status\)](https://www.va.gov/claim-or-appeal-status).

**Note:** You can request a hearing at any time in the Supplemental Claims process. To request a hearing, contact us in one of these ways:

- [Request a hearing online through Ask VA \(https://ask.va.gov/\)](https://ask.va.gov/), or
- Call us at [800-827-1000](tel:800-827-1000) (TTY: 711)

## How long does a Supplemental Claim take?

**For disability compensation and pension benefits**

**94.9 days**

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Average time to complete a Supplemental Claim for disability compensation or pension benefits in June 2025

**Note:** Our goal for completing Supplemental Claims that aren't related to health care benefits is 125 days.

## What can I do if I disagree with VA's Supplemental Claim decision?

You have these options:

- You can request a Higher-Level Review of the Supplemental Claim decision.
- You can request a Board Appeal if you want a Veterans Law Judge to review your case.
- You can file another Supplemental Claim if you have more new and relevant evidence to submit.

### Other information you may need

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#### [Frequently asked questions about decision reviews](#)

Learn more about the review options and how to request a review.

#### [What your decision review or appeal status means](#)

Your status tells you where your claim is in the decision review or appeal process.

#### [Choosing a decision review option](#)

Find out which decision review option is right for you.

#### [File a new disability claim or claim for increased compensation](#)



If you haven't yet filed a claim for a new condition or if you want to file a claim for increased compensation, you can file using the online 21-526EZ form.

### **The PACT Act and your VA benefits**

The PACT Act expands VA benefits to Veterans exposed to burn pits, Agent Orange, and other toxic exposures. Learn what this law means for you and your family members.

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